

## Infant Born of a Woman W/ Mental Retardation/Alcohol/Drug Abuse During the Most Recent Pregnancy (AK 97 -USDA 703)

<b>Explain to Participant</b>	You and your baby are enrolled in the WIC program today because we want to give you some extra help in caring for your baby. <b>OR</b> because you were drinking or using drugs during your pregnancy.	
<b>Goal</b>	The goal is to assure that this caregiver can adequately feed and nurture her infant.	
<b>Suggestions for Reducing Risk</b>	<p>Assess the infant for indications of appropriate care – cleanliness, appropriate clothes for the weather, infant’s level of alertness or fussiness. Observe the mother during the visit to see that she is responding to her infant’s cues appropriately. She may need to be shown how to hold her baby (with support for the head and the torso). Refer this family to all relevant social services and ask whether this infant has had medical screening recently. If this is a very young infant, the infant should either have had a recent check-up or they should have an appointment scheduled. Make sure that this client will have weekly contact from some social services or medical caregiver.</p> <p>Evaluate nutritional risks according to the WIC Program guidelines and identify dietary goals. Explain appropriate feeding for the infant. Ask the mom to count the number of wet diapers in 24 hours. If you are the primary medical contact/social services contact for this mother/infant, schedule a follow-up visit within 1 week. Or make sure that the infant will be evaluated for adequacy of care within 1 week. Let the new mother know that she can call you to discuss any questions she has about feeding this infant. Explain the nutrition education material suggested.</p>	
<b>Nutrition Education Material Suggested</b>	<i>The First Twelve Months – A Guide to Infant Feeding; Making Formula for Your Baby;</i>	
<b>Explain Applicable WIC Foods</b>	<b>WIC Foods</b>	<b>Nutrients Provided</b>
	WIC Juice	Vitamin C
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
<b>Explain What the WIC Nutrients Can Do for You!</b>	<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.
<b>Materials with More Information</b>		